

WILD RICE WITH BERRIES

INGREDIENTS

- 1 cup wild rice
- 2 1/2 cups water
- 1/4 teaspoon salt
- 1/4 teaspoon cinnamon
- 1 tablespoon maple syrup
- 1/4 cup chopped nuts of your choice (optional)
- 1/2 cups fresh berries of your choice



DIRECTIONS

- Place rice in a wire-mesh sieve. Rinse under cold running tap water, lifting rice with your fingers to clean thoroughly; drain.
- In a medium saucepan, bring the 2 1/2 cups of water to a boil. Add salt to the water.
- Slowly add rice to water.
- Return to boiling; reduce heat. Add cinnamon. Simmer covered for 45 minutes, or until rice is tender and grains split. Remove from heat. If needed, drain excess water.
- Stir in maple syrup and chopped nuts. Let stand, covered, for 8 minutes.
- Add berries.
- Serve hot or cold.

RECIPE NOTES:
